

2.3 CONTACT LENS CARE

LENS CARE: Wash your hands with a non-oil based soap before handling lenses. Place lens in the palm of your hand and place 5-10 drops of solution on the lens, then gently rub the lens on each side for 15 seconds. Rinse the lens with additional solution and place contact lens in your lens case filled with fresh solution. Leave lenses in the closed lens case for at least 6 hours. Before wear check the lens for tears before insertion. Make sure the lens is on the correct side before insertion. Never wear a damaged or torn lens. Please rinse contact lens case with contact lens solution ONLY and change contact case every 3 months.

DO NOT SLEEP IN YOUR CONTACT LENSES UNLESS INSTRUCTED TO DO SO BY YOUR DOCTOR. DO NOT SWIM/HOT TUB OR SHOWER IN YOUR CONTACTS. DO NOT WEAR YOUR CONTACTS IF YOU DO NOT FEEL WELL.

NORMAL SYMPTOMS: It is normal to experience some lens awareness, mild itching or irritation or dryness. Overall your eyes should be clear, comfortable and see well while wearing your contact lenses.

ABNORMAL SYMPTOMS: If you experience pain, severe redness, blurry vision, or anything that does not feel normal to you, please discontinue your lens wear immediately and call our office or come in.

GLASSES: A pair of updated glasses is recommended in case of emergency or if you are unable to wear your contact lenses for any reason, such as an eye infection, and so that you can avoid over-wearing your contact lenses.

SOLUTIONS: It is very important to use the proper solutions for your eyes and your specific type of lens. Use only the solution brand given to you by your doctor. Do not switch solution brands as they contain different preservatives and cleaners and if used improperly can cause irritation to your eyes or damage to your lenses. Use fresh solution every day to disinfect your contacts.

WEARING SCHEDULE:

New wearer: If your eyes are comfortable, wear your contact lenses 4 hours on the first day and increase wearing time by 1 hour each day until you are able to wear them comfortably for 8-10 hours.

Established wearer: Wear your contacts a maximum of 12 hours, unless otherwise instructed.

WEARING TIME: The wearing life of contact lenses varies by type and depends on a proper care regimen. Dispose of your lenses when your doctor instructs you to and do not wear them for longer than the period instructed.

FOLLOW-UP: Please come in wearing your contact lenses for at least 4 hours. If you fail to return for your follow-up appointment, you WILL NOT be given a contact lens prescription
